

# Table 6



## Ontario Ministry of the Environment: Selected Excerpts from the 1999/2000 Guide to Eating Ontario Sport Fish

CONSUMPTION ADVICE SYMBOLS TABLE		LOCATION	SPECIES	FISH SIZE IN CENTIMETRES (INCHES)									
Fish Symbol	Consumption Advice			15-20 (6-8)	20-25 (8-10)	25-30 (10-12)	30-35 (12-14)	35-45 (14-18)	45-55 (18-22)	55-65 (22-26)	65-75 (26-30)	>75 >(30)	
	consumption up to eight meals/month*	Upper Niagara River	Rainbow Trout <sup>5</sup>										
④	consumption restricted to four meals/month		Northern Pike <sup>2</sup>										
②	consumption restricted to two meals/month		Smallmouth Bass <sup>5,7</sup>					④					
①	consumption restricted to one meal/month		Largemouth Bass <sup>2</sup>										
	no consumption advised		Yellow Perch <sup>5</sup>										
			White Bass <sup>5</sup>	④									
			Rock Bass <sup>5</sup>										
			Brown Bullhead <sup>2,7</sup>										
			Carp <sup>2,7</sup>						②	②	②		
			Freshwater Drum <sup>5,7</sup>										
			White Sucker <sup>5</sup>										
			Redhorse Sucker <sup>1</sup>							④			
			Rainbow Smelt <sup>2</sup>	④									
		Lower Niagara River	Chinook <sup>5</sup>						②	②	②	①	
			Rainbow Trout <sup>5,7,8,9</sup>							④	④	④	
			Lake Trout <sup>5</sup>							①	①	①	
			Smallmouth Bass <sup>5,7</sup>			④	④	②					
			Largemouth Bass <sup>2</sup>										
			Yellow Perch <sup>5,7</sup>			④	④						
			White Perch <sup>2</sup>		②	①							
			White Bass <sup>5</sup>			④	②						
			Rock Bass <sup>2,7</sup>										
			Brown Bullhead <sup>3,7</sup>					④					
			Channel Catfish <sup>5</sup>					④	②	②	②		
			Freshwater Drum <sup>5,7</sup>					④					
			Carp <sup>2,7</sup>						④	②	①		
			White Sucker <sup>5</sup>					④	④				
			Redhorse Sucker <sup>5</sup>				④	②	②				
			American Eel <sup>5,7</sup>							④	④	④	
			Rainbow Smelt <sup>2</sup>	②									

\*Women of childbearing age and children under 15 are advised to consume only fish from the category and not to consume more than four meals/month of these fish.

A meal is considered to be 227 grams (8 oz.).

### Contaminants analysed

The number beside the fish species name identifies the contaminant or group of contaminants for which the fish was tested:

- 1 Mercury
- 2 Mercury, PCBs, mirex/photomirex and pesticides
- 3 PCBs, mirex/photomirex and pesticides
- 4 Mercury, PCBs and mirex
- 5 Mercury, other metals, PCBs, mirex/photomirex and pesticides
- 6 Mercury and other metals
- 7 Dioxins and furans
- 8 Mercury, PCBs, mirex/photomirex, pesticides, chlorinated phenols and chlorinated benzenes
- 9 Polynuclear aromatic hydrocarbons (PAHs)